Ikigai worksheet

Fill in the four lists, then copy each thing into the part of the drawing where it belongs. An empty middle is common, and it isn't a verdict on your life.



What you love

Doing, or being part of. Small counts.

What you're good at

What people ask you for help with.

What the world needs

Your street, family or team counts.

What you can be paid for

Now, or with practice. Blank is fine.

For your journal

Which one thing on this page would you most like more of in an ordinary week? What is the smallest step toward it?

The four-circle drawing is Marc Winn's 2014 adaptation of a purpose diagram by Andrés Zuzunaga. In Japanese, ikigai is broader: whatever makes life feel worth living, often in everyday things.

Made by Joel Dean, Joyful AI Journal. A version you can fill in on your phone is at joyfulaijournal.com/self/ikigai

If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.